

# TRAFFIC LIGHTS

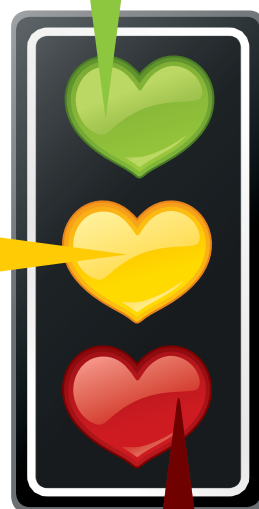
## Your daily guide to living with Heart Failure

### GREEN - YOUR CONDITION IS STABLE IF...

- Your weight is stable.
- Your appetite remains the same.
- You have no new or increased swelling in your feet, ankles, legs or tummy.
- Your breathing pattern is the same as it normally is.
- You have no chest pain.
- You do not feel more tired than usual.

### AMBER - CONTACT YOUR HEART FAILURE NURSE OR GP IF...

- Your weight has suddenly increased within the last few days (by 2 to 3 pounds overnight or more than 5 pounds in a week).
- You have lost your appetite.
- Your feet, ankles, legs or tummy are more swollen than usual.
- You feel more breathless than usual.
- You need extra pillows to prop yourself up in bed in order to help you breathe more easily.
- Your breathing is causing you to have a restless night's sleep.
- You have started coughing more than normal.
- You are feeling, or have recently felt, palpitations or flutters in your chest.
- You have had to use your GTN or Nitroglycerin spray to relieve an episode of chest pain on more than one occasion.
- You feel more tired than usual and are sleeping a lot more.



### RED - SEEK HELP. YOU NEED TO PHONE 999 AND ASK FOR AN AMBULANCE IMMEDIATELY IF...

- You have ongoing pains in your chest or perhaps your arms, back, or jaw, for more than 15 minutes despite using your glyceryl trinitrate spray (GTN/Nitroglycerin) spray.
- The pain is making you feel sick, clammy, sweaty, or breathless.
- You are finding it hard to breathe even when you are sitting down.
- You have suddenly started to feel confused; things are not clear or making sense.

**If you are admitted to hospital, it is important that you, a family member or carer contacts your Heart Failure Nurse during your stay.**